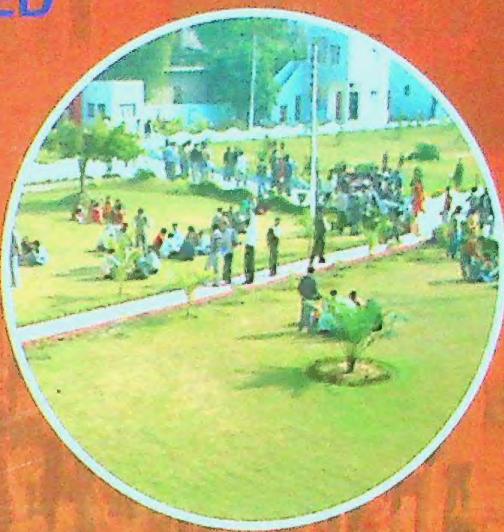


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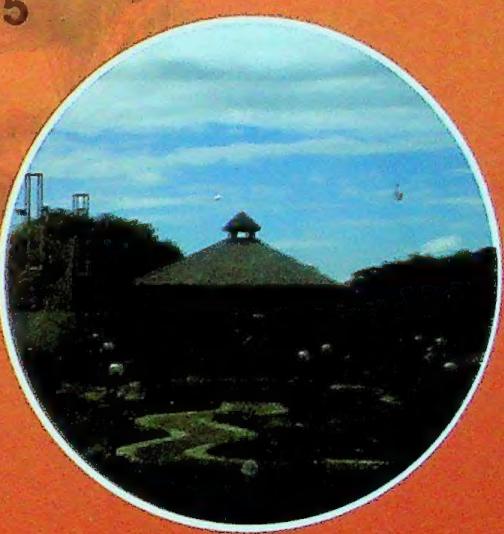
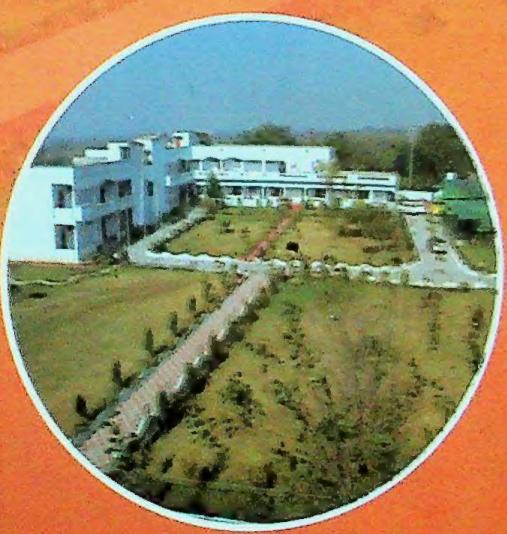
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SANGARMAL

Annual College Magazine
Session 2014-15



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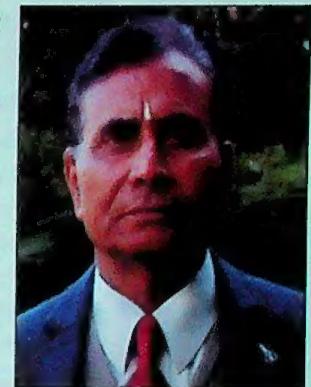
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Editorial

It is a matter of pride for me to place before you our annual college Magazine "Sangarmal". Further, I am delighted in having a long association with the college in terms of being an alumnus. The College is 67 years old and was started by great philanthropists of our community, although with meager resources and a lot of ideas. There is no denying of the fact that the teaching faculty of college has displayed its dedication in making this institution an epitome of academic excellence. This is further proved from the excellent results in the university examination. I congratulate them all.



Our College has a glorious past and presently it is at the top of J&K State in private sector and has earned name and fame in and outside the state. "Sangarmal" will surely provide opportunities for teachers and students to promote their talent by adding to the quality education and will succeed in achieving the values which are most essential part of modern education.

Enough emphasis is given in making students true citizens and not only degree holders. To achieve this objective, workshops for preparing handmade low cost teaching aids, debates, symposia, extension lecturers, seminars and other cultural programmes have become a regular feature of the college. Apart from the basic necessary facilities of transport, laboratory and recreational activities, we have a 'Saturday club' where teachers present their papers on different topics followed by discussion.

In recognition to our achievements, the Government of J&K and the University of Kashmir has permitted us to start Mass Communication and Multimedia Production, a three year degree

course and is likely to allow permission for starting M. Ed program in the college. Thus one more feather has been added to the cap of the College.

The College has organized a teacher training exchange programme with MES and DEC educational society of Pune. This has broadened the vision regarding educational theory and practice of participants of both the sides. The College is already NAAC accredited and we are in the process of reaccreditation by NAAC. College is in possession of resourceful and fully automated library, having national and international periodicals, magazines, research abstracts, encyclopedia etc., making the library a hub of knowledge. Library also contains a separate section of our culture in Urdu, Kashmiri and Hindi Languages which is worth reading.

Above all, the topography of college campus reminds us of the Shalimar garden, Srinagar in the hilly terrain of Jammu, for which college has been awarded memento by Urban Development Ministry of J&K Govt. All the above facts would not have been possible without the active support of HESK and its executive body members over the years. Nobody will deny the fact that after migration from Kashmir Valley, the rebirth of the present college took place with the enthusiastic and dedicated efforts of ex-teaching faculty of the Institution. They ploughed the field and planted the seeds. HESK provided rich manure for a richer harvest.

In the end, I congratulate the editorial board, staff and students who contributed in the upbringing of Magazine "Sangarmal".

Prof G L Koul
Principal

Magazine Committee



Chief Editor

Prof. G.L.Koul
Principal

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Hema Koul
Birjais Zahira
Meenu Khazanchi

Student editors:

Sandeep Sharma
Dhamni Tickoo
Yog Raj
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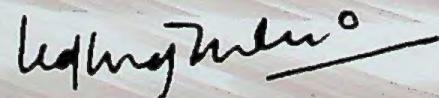
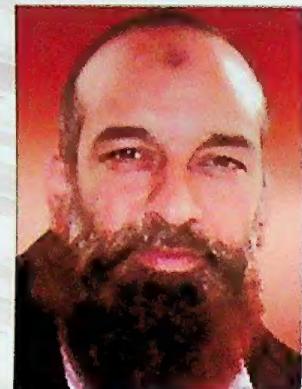
Message from Vice Chancellor University of Kashmir

University Campus
Hazratbal
Srinagar-190006,
Kashmir

It is really heartening to learn that Gandhi Memorial College of Education, Jammu is publishing its annual college magazine "Sangarmal".

Publishing a college magazine is an important co-curricular activity for any institution to foster and nurture the writing skills among the budding student writers. The students must come forward to write freely in the areas of their interest. I am sure that the write-ups included in the current issue shall be of great interest to the readers.

I wish the College a great success in all its endeavours.

A handwritten signature in black ink, appearing to read "Khurshid Andrabi".

Prof. Khurshid I. Andrabi

Message from President HESK

I am immensely pleased to learn that Gandhi Memorial College of Education Jammu, under the aegis of Hindu Education Society Kashmir is releasing "Sangarmal", the annual college magazine. As it is, college magazines provide an outlet to the in-house creative talent of the faculty and staff members. With the introduction of the Mass Media course in the college, it is expected that more and more talent will be on display in the years to come.



I take this opportunity to thank Ms. Hema Koul, Ms. Meenu Khazanchi and Ms. Birjais, for their sincere efforts in bringing out this issue under the able guidance of Principal Mr. G. L. Koul and wish successful culmination of their efforts.

B.L. Razdan

*Message from Dean College Development Council,
University of Kashmir*

I am delighted to know that Gandhi Memorial College of Education, Raipur, Bantalab, Jammu is bringing out next issue of annual college magazine, "Sangarmal."



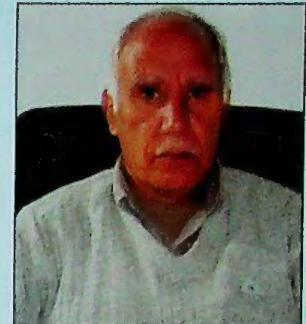
I hope the faculty, students and other stakeholders will take advantage of this important forum in giving expression to their creative urge through contributions on contemporary topics. This is a unique window of opportunity to the prospective contributors to sharpen their writing skills.

I am very much confident that this publication will enrich the readers with its contents and ideas.

Prof. G. Mustafa Shah

Message from General Secretary HESK

It gives me immense pleasure to know that Gandhi Memorial College of Education, Raipur, Bantalab Jammu is going to publish, 'Sangarmal', the annual college magazine in 2015 shortly. I strongly believe that publication of magazine is one of the healthy extracurricular activities of the students and staff through which they get an opportunity to express their ideas and literary skills on various prevalent issues and they hence develop logical thinking which makes all of them a complete person in the long run.



I am sure that with these designed articles and literary compositions will make thought provoking reading and highlight the hidden talent of the students.

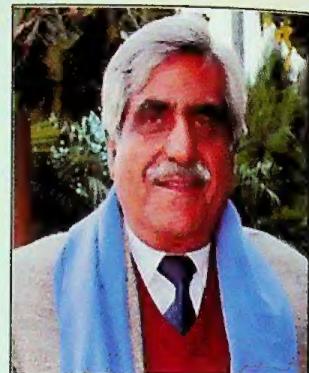
I also take an opportunity to tell each and everyone of the Gandhi Memorial College and Hindu Education Society Kashmir family that we will shine if and only if all of us put our efforts sincerely and honestly with maximum productivity.

I extend my warm greetings and felicitations to all those associated with the institution and with the publication of current edition of the magazine. I wish "Sangarmal" a great success.

A K Raina

Message from Member Education, HESK

All our progress depends not on the number of factories and plants that are put-up, but on the quality of human beings that we produce and train. That quality depends in the final analysis, on our universities and institutions and on their close contact with each other. We dare not allow our standards of institutions to go down. For a university and an affiliated institution, can only justify itself by maintaining a high academic and professional standards.



It is my considered opinion that there should be a combination of research and teaching, thus not only maintaining contact with fresh young minds but also creating a proper academic atmosphere for serious and sustained work. We have found that we have quite an adequate number of bright young students and given the chance, they will do very well.

In this context Gandhi Memorial College has faced terrible trials and tribulations because of our exodus, still, it has been the endeavour of the staff and students of this great institution to march with academic grace and poise.

I am happy that the new Edition of the college magazine "SANGARMAL" is on the desk, hope we will all enjoy the reading the articles of our young scholars. I wish the Editorial Board, Principal and staff my best wishes.

Prof. B.L.Zutshi

Message from Director Campus GMCEJ & Member Executive Body HESK

The ethos of an educational institution gets reflected through the writings of its students & faculty in its publications, such as, magazines & newsletters. As such, these institutional publications are not only essential but also form an integral part of academic activity of any educational organization. The potential of our students & faculty gets channalised by their expressions of ideas, opinions, and thoughts in institutional publications.



College magazines provide an outlet to express creativity and also improve creative and imaginary skills. They help to develop power of thinking and strengthen imagination of the potential writers.

I congratulate the editorial board of GMCEJ for bringing out the annual issue of College magazine "Sangarmal".

Dr. Satesh Bhan

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Education for All-A Concern for All

Prof G.L. Kaul
Principal

There is no denying in the fact that India has always accorded education an important place in society. The system has suffered much damage during the colonial period and education has been an important theme of the freedom struggle. Mahatma Gandhi considered education basic tool for the development of consciousness and reconstruction of Society. Taking Gandhi's thought as a goal, the Education and National Development commission of 1964-66 allocated 1.0% budget for education. It was during the year 2000-2001, that for the first time 4% of the budget was allocated for education.

The Country has a long way to go in realizing the goal of "Education for All." National Policy on Education (NPE) adopted in 1986 and updated in 1992 was a land mark in Indian Education as it provided both a comprehensive frame work for the development of education as well as a plan of action assigning specific responsibilities for organizing, implementing and financing its proposals. It gives unqualified priority to take primary education and various adult literacy programmes. The issue will be discussed under the following headings.

1. Operation Black Board 1986:- It aims to make education quantitative. Its primary objective was to provide two all-weather buildings, two teachers and teaching aids to all primary schools by 2000.
2. District Primary Education Programme 1992 (DPEP): It was launched in 8th year plan (1992-97). Its objectives were to provide facility of primary education to all. For the first time it was experimented in 8 states and 43 districts (MP, Orissa, Assam, Haryana, Maharashtra, Karnataka, Tamil Nadu, Kerala).
3. SarvaShikshyaAbhiyan (SSA objectives):- It had certain objectives like that; By 2002 all districts in the country to be covered; By 2003 all children in the schools; By 2007 all children will complete 5 years of primary schooling; By 2010 all children will finish 8 years of elementary education and achievement of universal retention.
4. Education Guarantee Scheme (EGS):- It ensures to open a primary school within 100 days, if there is a need of education of at least 20 students. It also ensures to appoint a local teacher and to provide minimum teaching learning materials to the school.

5. Education for all: It was in Nov 1989 that UNESCO's General Conference made it possible to have four agencies namely UNESCO, UNICEF, UNDP and the World Bank took the leadership to sponsor a world's conference on education for all from 5th and 9th March 1990. The United Nations general assembly proclaimed 1990 as international literacy year. There is binding for all Nations connected with United Nations Organization that they will abide by the Article 26 of the Universal Declaration of Human rights 1948. It declares :-

"Everyone has Right to Education. Education shall be free at least in the elementary and fundamental stages. Elementary education shall be made compulsory." Keeping the above declaration in view Indian constitution in its article 45 declares that

"The state shall endeavor to provide within a period of 10 years from the commencement of this constitution free and compulsory education for all children until they complete the age of fourteen."

The two elements namely, free education and compulsory education need to be understood, as elementary education has become tuition free. This is a good thing but what about compulsion? Other aspect is that most states in the country have passed compulsory education acts, but how many have enforced the law? If children are enrolled in the schools and kept for 4 to 5 years, do they learn what they are actually taught? Most importantly, can we penalize the parents? This would be against human rights.

The only way is to persuade the parents and provide incentives to children in the shape of scholarships etc. For this, enough funds in the budget need be allocated for elementary education. It has been observed in northern state in India particularly in UP and Bihar that a 5th class primary student cannot attempt, question papers of 3rd primary. Why students are then up graded? A common notion of the people is that if a student is retained in a class for more than one year he may leave the school and will be a dropout for the whole life thus creating a problem for him, his family and the country itself. What would be the possible solution then?

Education for all requires systematic analysis of learning needs. Communication skills, numeracy, basic literary skills must be accompanied and supported by educational content and activities that make reading and writing really useful skills for achieving personal as well as collective benefits.

Though India has made enormous progress but faces huge challenges. It is estimated that in India out of 153 million children between 6-14 age gap, 28 million are out of school, over 14 million are still working. Nearly half of those entering grade one, dropout before grade five. We can

compare the position of China, the highest populated country of the world, where out of 99 million children in the 7-11 age groups, over 97 million are enrolled in schools, at a rate of 98% for both sexes.

World conference on "Education for All" was held in 1990 in Thailand participants from 155 countries pledged to take necessary steps to provide primary education for all. Similarly in 1996 in Jordan an international consultative forum deliberated from 16-19 June 1996 on Education for All. Taking an overall view that education is not the business of government alone but should be the concern of all sectors of society including non-governmental organization, religious groups the business sector, local media committees and parents and the learners themselves. Even non-governmental organization should be inmates and participate in planning programmes with external donors.

The target of "Education for All" cannot be achieved unless and until the teachers are not taken into consideration. They should be paid reasonable salary and provided with good conditions of service, improving teacher training, and protecting the rights of teachers. The teachers have to be role models to encourage autonomy and creativity in the class room management.

To sum up "Education for All" is a global endeavor to provide education to all sections of the society, because man does not live by bread alone to meet the cultural and social norms. Aristotle says, "**Educated men are as much superior to uneducated as living are to dead**".

"I have learned silence from the talkative, toleration from the intolerant, and kindness from the unkind; yet, strange, I am ungrateful to those teachers."

(Khalil Gibran)

Religious Education in India

Meenu Khazanchi
Lecturer

The problem of religious education is one of the most burning problems of our country. There have been divergent views of scholars about the religious education. Some are of the opinion that religious education should be included in the curriculum while others feel that in a secular democracy, religious education is not essential. Even Western scholars have different opinion. Ross says that religious education should be included in the curriculum. He writes, "it is through religions that the feet of youth can be set on the road to the absolute values of truth beauty and goodness." It is only through religious education that the feeling of universal brotherhood can be developed amongst the masses.

An eminent Indian philosopher Dr. Radhakrishnan has written, "the troubles in the world including India are due to fact that education has become a mere intellectual exercise and not the acquisition of moral and spiritual values." The moral and spiritual values can be achieved only through the religious education. We are also of the opinion that some kind of religious education is essential in our country. Now the question arises that in secular democracy like India what should be the nature of religious education. Since ancient times religious education had been the part and parcel of the curriculum of education in our country. In ancient days the basis of education was the religion and the ultimate goal of education was to acquire "Moksha". In medieval times also religious education was imparted. Mosques were the centers of education in which the religious education was imparted. It is only during the British period that the importance of religious education was not felt. In free India also there is in fact, no provision for the religious education. For the all-round development of the child and removing the chaos prevailing in the Indian Society, religious education should be included in the curriculum.

India is a country in which believers of different religions live together. Under these circumstances the education should not be according to one's beliefs or the other's religion. In fact our religious education should be a moral or ethical education. There is no need to teach the deep principles of any religion but principles concerned with the development of character must be taught.

Our religious education should not be theoretical but it should be practical. The teacher

should put up the examples of moral values before the students so that religious education may develop in them along with the feeling of nationalism and international harmony. This does not mean that religious education is not meant to be taught at educational institutes; as such thinking is completely impractical and un-psychological. All to be done in this regard is to try and teach those elements of religions that can help students to shun their narrow mindedness. Students need not to be taught about those principles that develop communalism and hatred. Every religion propounds of certain Ethical Values. These ethical values should be encouraged in our teaching. The aim of our education should be about universal brotherhood. Only then the real purpose will be served and we shall be able to achieve our goal of human welfare.

"Beware of false knowledge; it is more dangerous than ignorance."
(George Bernard Shaw)

THE BUMBLEBEE

According to scientists, the bumblebee's body is too heavy and its wing span too small. Aerodynamically, the bumblebee cannot fly. But the bumblebee doesn't know that and it keeps flying.

When you don't know your limitations, you go out and surprise yourself. In hindsight, you wonder if you had any limitations. The only limitations a person has are those that are self-imposed. Don't let education put limitations on you.

Student-teacher relationship

Hema Koul
Lecturer

For the last two hundred years or more there has been a growing realization that teaching should be child-centered and teacher should help the child's innate potentialities to blossom fully. Learner centered teaching is being advanced in progressive schools all over the world. This learning needs a healthy student teacher relationship.

A teacher is always a help in the pupils pursuit of accomplishment and perfection. For the pupil, the important things are his own enthusiasm and personal efforts that can help him in sustaining patience and persistent work towards growth and progress. When a teacher and a pupil come together, astonishing results follow from both of them and under ideal conditions incredible transmutations of the personality and power takes place.

Instruction, example and influence are the three instruments of a good teacher. A good teacher does instruct merely by words. In fact, he makes a sparing use of them. He utilizes his communicative skills to invent illuminating phrases and expressions, to initiate meaningful devices and projects and to create a stimulating atmosphere and environment.

The art of instruction is extremely utile and delicate, but a good teacher practices this art effortlessly. He harmoniously blends formal with informal instruction. He varies his methods according to circumstances and organizes his teaching to suit the varying demands and needs of his pupils. A good teacher is a keen observer and tries to understand each of his pupils by a kind of identity. He strives untiringly to make his programs or lessons interesting and to awaken in his students a power of concentration for progress. Finally he instructs even without instructing and allows inner mastery of his own knowledge to shine out through cut ions rather than through words.

A teacher knows that example is more important than instruction and he strives not only to keep his ideal in front of him, but also progressively embodies them. He is scrupulously scientific in detecting his own errors and defects knowing very well that he can't demand from his students what he himself cannot practice. The example expected from the teacher is not merely his outward behavior about his inner life, his aims and the sincerity with which he pursues those aims. It is sometimes argued that what should be expected from the teacher is professional competence and a power of communication of making knowledge simpler and understandable.

The concept of work for a good teacher is a trust given to him by his work station and its duties. He suggests but does not impose, he is a friend, philosopher and a guide. Inspired by humility, he looks upon himself as a child leading children. A teacher is a constant learner. He not only renews his knowledge in the field of his specialization but he also continues to enrich his personality and strives to achieve deeper and higher realizations.

Let us now turn to the pupil. Every child has an inner desire to learn and to grow, but the most important characteristic of the good pupil is a seeker of knowledge and be motivated by curiosity and a growing sense of wonder, seeking knowledge for its own sake, he travels from the known to the unknown. A good pupil tends to organize his life and to find time for as many activities as possible. He discovers that concentration holds the key to development and that he can compress a long program of work into a much shorter period by applying the art and science of concentration to it.

A good pupil realizes that both body and mind should be developed vigorously and rigorously. He discovers that the qualities needed in physical education contribute a great deal to the development of an integrated personality.

In the realm of studies student tries to develop different aspects of his mind. The search for truth in a scientific and philosophic spirit, and basic motivation, to develop a right discrimination between appearance and reality. He loves books but is not a book worm. His main concern is to cultivate subtlety of intelligence and the capacity to develop complex systems of thought. At an important stage of the pupil's life there comes a choice and the quality of the people being judged by will which depends upon the choice he makes. The journey of the good pupil is difficult and there are tests on the way that he must pass in order to enter new gates of progress. In this journey, sooner rather than later he comes to learn how to learn and how he implies the principles of learning to educate his own self, he comes to learn how to control himself and employs the principles of discipline to achieve self possession and self mastery.

The good pupil needs help and guidance from the teacher. The distinguishing mark of a good pupil is the attitude with which he seeks help and the degree and quality of the help he seeks. Since he puts in a good deal of personal effort he does not demand much of the teacher's time. Since his eagerness to learn is great he learns faster and thus demands greater attention and time from the teacher.

Relationship

The relationship between a good pupil and a good teacher is indescribable. It tends to be profound and irrevocable and the pupil feels a natural urge to emulate cannot be changed and obey his teacher. The tradition in which the pupil is enjoyed to obey the teacher unquestioningly is rooted in the natural sacredness of the living relations between good pupil and the good teacher and this tradition has its uses. But we find that a good teacher appreciates repeated questioning by the pupil and he even allows a mutual testing.

An ideal system of education would provide an environment and a framework that facilitates a harmonious blending of freedom and discipline. This harmonious blending presupposes mainly on the part of teachers and educational administrators about the fulfillment of two conditions i.e. the pursuit of truth and the pursuit of harmony. These pursuits can be meaningful or fruitful unless they are voluntary. Briefly, it may be said that truth, harmony and liberty are the underlying principles of an ideal system of education.

It must be admitted that without good teachers and good pupil there can be no good education system. Today's educators therefore need to work on all three fronts simultaneously the teacher the pupil and the system. Probably, we should begin from where we are, that is, if we are teachers, we should arise to become good teachers. If we are pupils we should strive to become good pupils and if we are in charge of the education system, we should set about creating new conditions in the system so as to encourage and foster good teachers and good pupils.

"A person very easily sees hate in the eyes of men who reluctantly pave away his way, but he is eager to ignore the misery of the beggars who stand shaken to the ground with pain, suffering and the genuine eyes of regrets."

Excerpts from Auto Biography of Rabindranath Tagore

Sneha Vaishnawi

B.Ed. Student

The talented writer who made India proud by becoming the first Indian to win the Noble Prize in literature was also the first non-European to win the prestigious award. Born on 7th May 1861 into a Bengali family in Kolkata, the writer dazzled the world with his brilliant writings and spiritual insights. He composed Indians stirring National Anthem and is well loved even after 150 years of his birth. Also known by sobriquet Gurudev, the versatile genius being discussed is none other than "RabindraNath Tagore".

The grand master of Bengali culture and a towering figure of Indian literature, Tagore was a poet, visual artist, novelist, musician, play right, educator, philosopher and a social reformer. Although he wrote successfully in all literary genres, he was first of all a poet. Tagore came to the attention of the world almost a hundred years ago when he reached London with "Gitanjali" as English translation of some of his poems originally written in Bengali. Moved to Tagore's poetry, Irish poet William Butler Yeats penned down a preface to Gitanjali.

Talking about the charms of Gitanjali, Keats wrote in the preface. "These prose translations from RabindraNath Tagore have stirred my blood for years". Year's enthusiasm was echoed by the Nobel committee who presented Tagore with the Nobel prize in literature for his profoundly sensitive fresh and beautiful verse. The enthusiastic admiration Gitanjali received upon publication in March 1913 is evident in the fact that it was reprinted ten times by November 1913, when the award was announced.

Some of the notable volumes of his poetry are Manasi, Sonartari, Gitanjali and Balaka. His major plays are Raja, Dakghar, Achalayatan, Muktadura and RaktaKaravi. He also authored several volumes of short stories, novels, musical dramas, dance dramas, essays, travel diaries and two autobiographies. He wrote over 2000 songs belonging to a genre now well known as "RabindraSangeet". A visual artist of the first order, Tagore composed numerous drawings and paintings.

Proclaimed as the greatest poet India has ever produced, Tagore was perhaps the only literate who penned anthems of two countries- Jana GanaMana for India and Amar Shonar

Bangla Bangladesh through the powerfully coactive lyrics of our national anthem and his other juice compositions, Tagore continues to inspire and guide a billion Indian hearts. In fitting tributes to this great poet and patriot many institutes across India and the world commemorated the 150th birth anniversary of RabinderNath Tagore in May 2011.

"That which is false troubles the heart, but truth brings joyous tranquillity."

(Rumi)

Quality Education

Education needs to be quality based, to face the challenges of globalised society. But a real education means enrichment of moral, social and ethical values. A man lacking such virtues cannot be a good citizen, no matter what amount of degrees one stands loaded with. Education simply is spiritual in nature to the extent to cut evil roots of society. In real, quality education must be able to build a quality citizen on whom a country can be proud of.

Evils in society like corruption can only be eradicated. If true education is given to our generation, sincere efforts in this direction must be taken so that a healthy society of ours may come into existence.

Gender Bias

Sarita Mattoo

Lecturer

Some days back, I was talking to my friend on telephone; I congratulated her, as her daughter gave birth to a male baby. My daughter sitting by my side listened to all my conversation with my friend. In the evening, she asked, me "why parents are more happy for having a baby boy than a girl." I tried to convince her but I failed.

Bias can be conscious or unconscious and may manifest in many ways, both subtle and obvious. In many countries, eliminating gender bias is the basis of many laws, including those that govern workplaces, family courts and even the voting booth. Despite these efforts, many legal and political scholars argue that total gender parity remains a far off goal, one which many regions are not remotely close to attainment. Gender bias may result in small or large consequences. Despite the fact that India had crossed the billion mark population, there will still be families with five daughters and the mother trying desperately to give birth to a son.

A renowned psychologist re-counts her experience, she says, "I know parents who were very upset because their five year old son brought a doll home. The child was just playing with a toy that happened to be a doll. They thought that the boy had a gender problem. The parents actually came for counseling worried that the boy was showing such feminine interest. In this way, parents ingrain the idea into minds of their children that behavior can be gender appropriate. If a boy cries, he is labeled to have a girlish behavior, if a girl plays cricket, she is labeled to have a boyish behavior.

Girls will encounter gender bias at almost every stage in their lives. As a parent we expect her to be at home by eight in the evening, while no restrictions are placed on her brother. It is not that we do not trust our daughters or that we think she will do anything wrong if we let her out of the house after eight, but the fact is that people will talk that she is in habit of going out for late nights. We do not want anyone to say such things about our daughters while with our sons it is different because 'boys will be boys'.

Despite the best qualifications, it does not seem to matter the parents that their daughter is excellent in job, she has certain career aspirations, they will see in no harm to ask her to give up her job if her prospective husband makes that a condition.

Femininity is restricted to girls. People tend to have a more indulgent outlook on girls acting like tomboys. However, the opposite is not true for boys. There is a stigma attached to a boy being effeminate. That is the reason why society has a tendency to doubt the masculinity of men who design clothes for women or male make up artists or men who follow any profession that breaks away from the straight and narrow. Somehow men who do not hold nine to five jobs with a salary cheque that puts food on the table are not deemed manly enough. While most people believe that gender bias favors men, men have their own cross to bear. Even in these so called liberated times, men are expected to go out and earn their bread and butter. The option of staying at home and looking after the children, while the wife goes out to work is not open to them. They have this option only if they have the strength to withstand the gossip, the ridicule and the general disapproval.

Women should be educated so that they can learn skills to support themselves. The choice to work or not to work thereafter should be entirely their own. There are innumerable stories of widows and divorcees who have found that they are clueless about their finances and how to manage them without their husbands, it is not that women are incapable; it is just that they have given up the choice to participate.

Awareness about gender bias has slowly spread over time. But it will take a long time for this awareness to seep into the grass roots and translate into social change. The world has moved forward. Today we have women astronauts, women Prime Ministers and even women wrestlers, but there are still millions of women who face these double standards at every juncture of their lives. Feminists have been shouting themselves hoarse, demanding equality for women. Some people believe that women can never be equal, that might be true but different does not mean inferior or lesser in any way. Women must be provided opportunity and this is not a task to be left to the Government or any organization or authority.

Social change begins at home; parents have to learn to adopt an androgynous attitude towards bringing up their children. They need to give both sons and daughters the chance to live their lives free from the fetters of gender bias.

"The illiterate of the future will not be the person who cannot read. It will be the person who does not know how to learn."

(Alvin Toffler)

To a Real Teacher

Tilak Raj Sharma

B.Ed Student

A teacher is a real guide of a student

And in the difficult path of life,

A real teacher tells us what is

Wrong and what is right,

We can never thank a teacher

In Anyway for his guidance,

For his sincere efforts that he shows,

A seed of hope for us.

But A message to a real teacher,

Hands are mine but method is yours.

Brain is mine but the training is yours.

Results are mine

But the guidance is yours.

If You Want To

Dev Raj Khajuria

B.Ed Student

If you want to love, love your mother land.

If you want to oppose, oppose injustice

If you want to serve, serve humanity

If you want to live, live a simple life

If you want to avoid, avoid bad company

Social Networking Advantages or Disadvantages

Arun Kumar Sharma

B.Ed. Student

Social networking is a recent invention that has the Internet still at the edge of its seat due to its popularity with people. This is mostly because it really is for the people. Bringing every kind of social group together in one place and letting them interact is really a big thing indeed. Everything about it lies on the advantages and disadvantages of social networking and what it can do for you. Here are the advantages that can be more than enough for you to want to join in.

Low cost definitely 'its chapter to use on line social net working for both personal and business use because most of it is usually free. While personal use is rather simple for any one, the business functions are underestimated by many. In a social networking site, you can sort out potential customers and target markets with just a few clicks and key strokes, adding a boost to your usual advertisements repromotional strategies. It lets you know and learn about their likes and dislikes, which is tremendous. If you want to fine tune your business, then this is the way to go, whether on a budget or not.

Builds Credibility

You definitely can gain the customers confidence if you can connect to them on both a personal and professional level. Despite having to do about work, it definitely pays off as you can be tapped for an offer if someone catches wind of your products or services. As long as you don't pursue them too aggressively, you will do well here.

Connections: you are friends with people who have other friends and so on. There is potentials in such a common situation. By using a social networking site, you can do what you can and get connected with these people to form a web of connections that can give you leverage if you play your cards right. As long as you give as well as you receive, then they will most likely stick with you. These connections are definitely sounds enticing. However, what about the disadvantages though?

Lack of Anonymity

You are putting out information about your name, location, age gender and many other types of information that you may not want to let other know. Most people would say be careful; but

no one can be certain at any given time. As long as people can know who you exactly are, then some can find ways to do you in.

Scams & Harassment

There is a potential for failure of security in both personal and business context. While many sites apply certain measures to keep any of these cases of harassment, Cyber-stalking, on-line scams and identity theft to an absolute minimum you still may never know.

Time consuming

If this is not your kind of thing, then it would just be waste of time for you. The key to social networking is that it is supposed to be fun, whether you are just doing it for kicks or clicking around for business purposes. That should be reasonable enough for anyone, but there are those people who don't see the point. For them, it can be a disadvantage.

A boy once asked his father, “Dad, why are we always cursing God in our misfortunes and praise his worthiness in our materialistic desires?” His father smiled and replied, “Son, we are called humans, made of clay with desire laden mind. We are humans with heart of bronze and shimmering gold desires in our eyes. My Son, we are humans with living hearts and dying mind at every dazzling diamond we see. We are humans, we demand no less whence God gives, we murmur His worthiness, whence He takes it away we make no second thought to curse Thee!”

Ethics in Politics

Usha Bhat

Lecturer

The intricate relationship between **ethics** and **politics** has been debated repeatedly since the times of ancient Greek scholars. The two different schools of thoughts in politics envisaged their own specific relation between politics and ethics. The **school of idealism** which includes philosophers like **Plato, Aristotle** etc. perceived ethics as a non-separable part of politics whereas the **school of realism** which includes philosophers like **Macaulay** perceived politics as a source of power and hence undermined the importance of ethics in governance.

In the contemporary times, realising the diminishing ethical values in the political class, the popular demand for strengthening the role of ethics in politics and governance has gained momentum. The disdain of general public with this form of politics has also led to popular anti-corruption movements which aimed at holding the political class accountable for its activities. Politics without any ethics has become the **fountainhead** of societal and economic malaises like nepotism, corruption etc. In the recent past, we have also witnessed the corruption related scams e.g. 2G scam, Common Wealth Games scam wherein the competent authorities totally abstained from sticking to ethics for alleged personal benefits. Hence it can be rightly said that it is the need of the hour to **closely knit ethics and politics** so that the aspirations of the people are met effectively and also the efficiency of the governance is increased.

Politics must not be brought down to such level wherein the electoral victory becomes the end, and any mean which serves this end is considered as acceptable. Politics should be much more than staying in power. It should be an endeavour, an enterprise to make a positive impact on the lives of people. It should be an effort towards reducing the financial and social inequalities, and establishing an egalitarian system of distributive justice. The accountability of political parties and leaders to the public is a *sine qua non* for this purpose. Any kind of unethical behaviour in politics must be rejected by the public which would thereby reinforce the need to strengthen ethics in politics.

In politics, it cannot be business as usual anymore. It is time for the political parties to understand this message and restructure their practices.

“Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing.”

(Abraham Lincoln)

Media and Reality

Birjais Zahira

Lecturer MCMP

Media has always been a horizon of opportunities and hence a medium through which the entire message system works. A meaning in the media message is the most important constituent in understanding the quality and time frame of the message. From the earlier times, media has been the ultimate tool in any shape and form for man. Its entire design and supervision has been easily controlled by man in all times of its activity and its appraisal. So the exploitation and making the good and absolute use of medium, man has always made and very cleverly crafted his way through the foreign crowds.

Media has been emerging forms of technology since its birth and evolution in the world. Man used to converse and put his thoughts in front of His lord in ways of prayers and sainthood. People for the sake of communication used to remember the words and declared intelligent human beings among others on the basis or for the extent of remembrance. So every now and then, man has been using the medium to understand and put forward the level of his own to the other people. The medium was well explained by his idea of printing press and the concept of writing that made the first impression in the overall civilization of man.

The first landing of man on moon perhaps would never have been presumed to be a leap of success for the world if it was not the connecting medium that provided the overall stats to the entire mankind. The man who invented the most impossible means of travel, the man who invented the cinematographic media, is hence the one who on his own developed the idea of mass media and its introspective needs and beliefs.

Our world has been termed to be a global village by Marshal McLuhan when he saw the extent of technological web being drawn all over the sphere. Similarly the emergence of mass media entered into the new world of dynamical existence. No longer we support and cast the false news or word of mouth phenomena, but we care to venture the valued news in our own system by a series of well trusted and truthful organizations. The various news agencies that formed the epitome of the globalized culture made it possible for us to rely on the media that made its mark in the biblical times. So as for a common man, the news that old news termed as no news, one more phrase added to the existence of media i.e. no knowledge about authentic news is inhuman. Due

to the emergence of the numerous media channels and the improvements in the social networking practice, we can easily download and watch news stories. One can comment and give a proper feedback to the appropriate channel in every way. So the mass media mechanism is entirely based on breath in breath out of fresh air and the accumulation of ideas from plenty of sources. The trust among the entities can easily be recognized by the level and extent of its authenticity and so far the emerging news channels have all the means that are required for the proper transmission of the message.

Keeping in view the media and its habitual practice of sending the valid information, we cannot rule out the fact that some media channels that entirely depend on the TRPs for their channel broadcasting are the real culprits of passing invalid information. Due to the abundance of the news channels, it is difficult for the receiver to actually trust on the valid source of information sometimes. News channels now a days play a constant hide and seek in the generation of valid news items and sometimes they result in collision of their own facts. This results in circus like situation which gives away nothing but a bunch of questions in the minds of the people. The sole reason for a person to depend on media has now changed in the way where the source of information has varied beliefs of its own. A single news incident is reported in various forms which results in a circus like situation and hence the receiver finds it difficult to determine the genuinity henceforth. The validity of any news item entirely depends upon the trust of the source and the valid reporting. So any adulteration in the news results in the constant back and forth of ideas and people get caught in designed beliefs of the organization whose target is not less but to sell the news.

The reason for the selling of news by the news organizations can be in a way predicted by the fact that now a days the news organizations work on the targeted news which is hence making it difficult for the users to determine the authentic news item. So the need of the hour is to ascertain the news and importance and recognize that media has its roots generated to give out information, not to sell information, to give knowledge but not to sell knowledge, to inform people about various subjects, not to make them discontented by false beliefs.

"The secret of getting ahead is getting started."

(Mark Twain)

Behavior at workplace

Rajni Koul

Accountant

Human behavior might have many aspects that are dealt within daily routine but the major of it comes into highlight at a place where you spend your day that is at your work place. It is the activity done by us at the day time that comes into observation and gives an impression of our qualities and errors committee by us. The kind of attitude we show to those associated with us in our day activity decides our success and in turn suffices the requirements at our workplace. Such behavioral aspects matter most of the leaders at the workplace.

A lot in this matter depends on the attitude of the leaders at workplace as they determine the caliber of their employees. But the irony remains that the leaders at present times know more about their cars and its working rather than that they know about their employees. This is the biggest thing that affects the behavior of the employees and so the operators and leaders ought to realize the needs to motivate them in the best possible way. As a leader how much we do really know and understand employees, what inspires them to get out to bed in the morning and want to go to work. When a leader understands the employees they can make the difference between frustration and joy, weakness and excellence, failure and success.

If leaders really understand human motivation and dynamics it would surely have a greater impact on organizational work environments, the work force must be treated as strength, not a burden, and once this is done we will notice remarkable change in the organization. How effectively employee communicates and relates to each other can tell us how much they care for their work and the people around them. Without proper training the work environment can become imbalanced just like any other natural system.

Performance of the employees will increase when employees are happy, their efficiency would be more and there will be job satisfaction. Friendly, trusting and approachable leaders can motivate their employees. Leaders who show a constant behavior, irrespective of the situations make the best leaders. The success of any organization doesn't depend on your understanding of economics or organizational development. It depends, quite simply, on your understanding of human psychology, of how each and every individual employee connects with your organization.

**"Never doubt that a small group of thoughtful, committed citizens can change the world.
Indeed, it's the only thing that ever has."**

(MARGARET MEAD)

Changing phase of Indian Education System

Bindiya Tikoo

Lecturer

In a world where change is the only constant, the concept of education and the way it is promoted has often witnessed subtle and not so subtle modifications. There were times when frequent queries like "Why is India still a developing country" and "What is stopping it from being a developed country?" would haunt the minds of intellectuals. All such questions perhaps had one particular answer of defining slow pace of changes being inducted in the India's traditional education system that plays a stumbling block towards its objectives of achieving inclusive growth in education.

India undoubtedly is going to experience a paradox of nearly 90 million people joining the workforce but it is not true that most of them will lack requisite skills and the mindset for productive employment. Although India has about 550 million people under the age of 25 years out of which only 11% are enrolled in tertiary institutions compared to the world average of 23%, but the matter of fact remains that the scenario is bettering.

India has witnessed two extremes of education system, the best ones in Vedic period when Gurukulas would produce students of strength, might and wisdom or the time when India had the largest and first of all universities and the time when India was enlisted in the most illiterate countries of the world. But gradually, the time has started changing and so has changed the present education scenario in India.

Gone are the days when educational institutes were started with the sole aim of information dissemination. It is now an accepted fact that India is going to become the future economic super power. But this cannot happen overnight, it will require sustained efforts on the part of educationists to offer superior quality of higher education so that the best talent is infused into the corporate world.

In fact, education today has taken on a cold hue where material considerations are paramount and the objective of education has slowly metamorphosed into that of a launching pad wherein products (children here) are sought to be catapulted into slots that are weighed on economic and social scales. India has made progress in terms of increasing the primary education enrolment rate and expanding literacy to approximately three quarters of the population. India's improved education system is often cited as one of the main contributors to the economic rise of India.

The transformation has been relatively slow but sweeping. The transition from rote learning to tech-based education is clearly evident. Swanky laptops, CDs, and e-learning are now part of everyday education. Technology has brought about a huge transformation in the education system and experts feel rote learning is likely to diminish in the coming years. It is mainly technology that has been the harbinger of change in the methods used to propagate knowledge and the way education is sought to be propagated. Be it smart classes, computer based projects or internet driven knowledge garnering.

A couple of years back, online education was Greek and Latin to most people; today technology has finally arrived with a bang, and everyone has welcomed it. E-learning is mandatory in this age; it is definitely the need of the hour in India. The majority of people in India comprise what is called the Gen-Next and it is imperative to provide them the right kind of education.

Over the years, with the increase in population and literacy, the number of educational institutes for higher learning has also increased, but not sufficiently to meet the demand. Much of the progress, especially in higher education and scientific research, has been credited to various public institutions. The private education market in India was 5% and in terms of value was estimated to be worth US\$40 billion in 2008 but had increased to US\$6870 billion by 2012.

The influx of private institutes has taken place because the government was unable to meet the demands of the growing population and higher education needs. This is a good sign since this will largely contribute to nation building. With the IT revolution and technology development, changes are slowly taking place especially in the last five years. We also need more private institutes, but of the right kind. Funds that are being allocated by the government to the education sector will mainly go to the primary and secondary levels. This is a good move, as it will strengthen primary education. In case of higher education, the government would like to leave the responsibility to the private sector, which is why Deemed Universities and Autonomous Universities are being set up. Let us talk about facts of data that could easily let us know how the scene has changed in the India Education System like for instance, the Annual Status of Education Report (ASER) 2012, says that 96.5% of all rural children between the ages of 6-14 were enrolled in school. This is the fourth annual survey to report enrolment above 96%. 83% of all rural 15-16 year olds were enrolled in school. However, going forward, India will need to focus more on quality.

As per the latest (2013) report issued by the All India Council of Technical Education (AICTE), there are more than 3524 diploma and post-diploma offering institutions in the country with an annual intake capacity of over 1.2 million. The AICTE also reported 3495 degree-granting engineering colleges in India with an annual student intake capacity of over 1.76 million with actual enrolment crossing 1.2 million. Capacity for Management Education crossed 385000, and post graduate degree slots in Computer Science crossed 100,000. Pharmacy slots reached over 121,000. Total annual intake capacity for technical diplomas and degrees exceeded 3.4 million in 2012. According to the University Grants Commission (UGC) total enrolment in Science, Medicine, Agriculture and Engineering crossed 6.5 million in 2010.

In the next ten years, Indian universities will be in the same league as the top universities across the globe. In order that this may be achieved, we will have to work on our technology and infrastructure. The focus must therefore be on encouraging the committed private players. Also, educational institutions should strive to create knowledge.

With all this and much more in hand of educational experts there still are certain barriers in modern education patterns that restrict the pace of development of the educational system in India. The real critical aspect of Indian public education system is its low quality. The actual time of schooling that children experience (in terms of absenteeism and drop outs among students) and the quality of teaching they receive are extremely insufficient in government schools. A common feature in all government schools is the poor quality of education, with weak infrastructure and inadequate pedagogic attention.

What the government is not realising right now is that education which is a source of human capital can create wide income inequalities. It will be surprising to see how income inequalities are created within the same group of educated people. Certain policy measures need to be taken by the government. The basic thrust of government education spending today must surely be to ensure that all children have access to government schools and to raise the quality of education in those schools.

One of the ways in which the problem of poor quality of education can be tackled is through common schooling. This essentially means sharing of resources between private and public schools. Shift system is one of the ways through which common schooling can be achieved. The private school can use the resources during the first half of the day and the government school can use it during the second half. It is important to remember that the quality of education is directly

linked to the resources available and it is important for the government to improve resource allocation to bring about qualitative changes in the field of education.

The future belongs to educationists who believe in knowledge creation through high quality research and development. For this the institutes will have a strong focus on providing world-class ambience and infrastructure in which intellectual capital will thrive and bloom. India will thus be a knowledge hub where the public funds will be used for teaching, coaching and learning. In this way the educational institution will indulge in infinite value-creation for the society. Even though there is a change needed at the government system and set up the hope that has not yet faded or diminished. There is much where the experts in education that is the educationists and the institutions can put forward in harbingering the bud of positive change in education system.

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion."

(Muhammad Ali)

Let's Wake Up

Problems in India are not a few; day-by-day we face miserable conditions and feel shattered inside. It has virtually been a long time to struggle for existence with hurdles of every single day of life with no quality education, no electricity, no water, no employment and no visible end to the scourge of corruption. It seems like all the past and present generation are caught in some kind of time trap with no hope of change for better in India. Let's resolve that we will no longer live in disgrace. It is our duty to stand for a change, to make a better India of our dreams. Let's wake up and make every single step count.

Empowering women in India: Changing horizons

Seema Bhat

Lecturer

Women is considered to be the fascinated creation of God was given the status of Goddess in the early period, but with the passage of time she was treated as a nothing but a thing. Her place in the society was not at par with human beings. She had no right to do anything. Women's rights and issues have always been a subject of discussion. The role of women has changed drastically, the role of a typical 'Grahini' (House wife) who catered to all the requirements of households including the rearing and upbringing of children in various sub-roles of mother, sister, daughter, wife, daughter-in-law, aunt etc. has been played quite efficiently.

The role of women in the present scenario has changed because of the modernization, industrialization showing its deep impact on the human society all over the world. The role and responsibilities of women has attained a new definition and a new perspective. Further this has also led to the addition of responsibilities and widened the role of women. The women issues have received tremendous attention in the planning circle and wide intellectual discussions. Statistically the rate of literacy among women has also increased. The educational and occupational patterns have also changed and widened with women entering domains, which till decade back was considered to be dominated by men.

Further there has been encouraging rise in the percentage of women joining service sector especially, banking and information technology. The core issues, which still remain unanswered are that women rights and empowerment. The rights of women are not only exclusive rights as has been debated and put forward. In specific reference to Indian context, patriarchal structure of the society over centuries has gradually led to gender inequality. When women are not considered equal to the men in the social context, the question of women rights arise. The following rights are the means by which a dignified living is ensured thereby safeguarding her privileges.

- 1) Right of speech.
- 2) Right of freedom
- 3) Right of decision making
- 4) Right for education and employment.

These rights are significant for women development and national development in the wider sense. The power and freedom to exercise these rights is Women Empowerment. Women

empowerment can be facilitated only if she is able to exercise her right in the socio-economic sphere of decision making.

National Policy for the empowerment of women (2001) has set its goal for women empowerment which states to bring about the advancement, development and empowerment of women. Some of the specific objectives of this policy are:-

- * Creating an environment through positive economic and social policies for full development of women to enable them to realize their full potential.
- * Equal access to health care, quality education at all levels, career and vocational guidance etc.
- * Elimination of discrimination and all forms of violence against a woman and girl child.
- * The policy also provides economic empowerment through poverty eradication, training of women to facilitate them in playing efficient role in all the fields.
- * The social empowerment of women is facilitated through effective provisions of education, health, nutrition, drinking water and sanitation, gender sensitization etc.
- * Elimination of all forms of violence against a woman, physical and mental, whether at domestic or societal levels, including those arising from customs, traditions and accepted practices.
- * A National Resource Center for Women (NRCW) is being set up which will provide relevant technical backup for the successful implementation of the policy.
- * The Govt. has also committed the following provisions to ensure women's rights and women empowerment.

Some of the commitments are:-

- * To increase the investment in education to 6% of the GDP with major focus on women and the girl child.
- * Universalization of mother and child care program to reach out to every corner of the country.
- * Appointment of commissioner for women's rights.
- * National Level Mechanism for platform for action.

The effective implementation of the policy at all levels can be a gigantic step for women development and can set an example for other countries in South Asia.

Urban Tilt:

Women rights and women empowerment are most of the times looked from an Urban perspective whereby the situation relatively appears to be in favour of women when compared to their rural counterparts. The lack of drinking water and sanitation facilities, high instances of early marriages and insufficient reproductive health care. The dramatic drop in the sex ratio in the states of Punjab and Haryana are the glaring examples of the questioning of female right to life (2001 census). In the Urban scenario, where by the education and awareness among the people has favoured women's rights and empowerment, the increasing rates of crime against women especially in the working places has created a gap and the validity of empowerment is a matter of debate.

These provisions surely ensure of legal protection of women's rights, but socio-economic rights of freedom and decision making is still not realized to the extent of social empowerment. One of the reasons is the rigid patriarchal structure of the Indian society. The rate of illiteracy among women hampers the awareness and the claims of such provisions. The distinct socialization of girls from the beginning also contributes to the easy acceptance of suppression by women. The changing trends of education and employment among women have relatively transformed the situation towards the positive direction. However the nature of problem has also changed its direction in the sense that crime against women in the working places are at steep rise. The workable and pragmatic commitments of the Govt. of India at various forums and National Policy for the empowerment of women can prove to be a milestone in ensuring women's rights and facilitate women empowerment.

**"Spanned has the thread of
My necklace of pearls:
Consumed by fire
Have been all my gains
Reduced to dust or consigned to flames
Has been all my wealth:
What have I gained after birth?"**

(Nund Reshi)

Impact of ICT on Academic Libraries of India

Manoj Tickoo

Librarian

The rapid growth of information communication technologies has revolutionized the whole concept of libraries. From mere store houses of knowledge, these are now being transformed into information centers, knowledge houses, digital libraries and virtual libraries. The availability of internet facility in libraries has enabled them to offer a wide range of instant access to global information without the barriers of space and time. ICT has changed the whole system of the libraries and made them more effective.

ICT has revolutionized the information handling activities in the academic libraries in India during the past few years. A large number of libraries have started making use of computers and are at various stages of automation. Almost all libraries have started making use of automotive in house operations such as acquisition, technical processing, circulation and serial control. Various Library softwares are used for this purpose. Almost all the libraries now provide internet access. It has proved a boon to the researches and scholars. A lot of information now exists in electronic form that can be retrieved and made available to the user quickly. There is a wide variety of resources available free of cost for access.

Various ready reference sources are available over the internet that help librarians to answer a relatively large percentage of factual questions through Reference Desk, Infoplease, Britanica etc. provide free access to various online reference sources. Virtual Reference Desk provides resource and links to experts that offer digital reference service.

Many sites of publishers on the internet such as blackwell.com, amazon.com etc. give information about the recently published books, their reviews, e-books, rare book dealers, mailing lists etc. This has helped the libraries to select good books and develop quality collection. The libraries have started adding new types of information sources such as audio visual records, computer files, CD ROMs, images and digital documents to the conventional documents. Now the focus of the libraries is shifting from making comprehensive collection via access to documents or information available in databases or online system. Many have started to subscribe online journals and online books for their libraries. Even the universities have started getting e journals under UGC-INFONET consortium. Some of libraries have designed and developed digital libraries which consist of in house digital database of thesis/ dissertations, rare books and manuscripts.

Sobbing for this misfortune
 Were the arrays of wretched
 As deadly were the consequences
 Wellbeing-ness was anticipated.

harming were the estates
 Shattered they were led down
 Crumbled were the treasures
 As the Kingdom had Succumbed.

Suspended they were on trees
 Beneath was the agony of thee
 Lacking was their strength
 Taken away they were by flux.

Reciting they were verses
 Raising many Supplications
 Lowered down their gaze
 Whispering they were prayers.
 OH GOD Save us, Save us
 Denied we your grace.

**"Why does hate turn away love when it holds it hands to enter the kingdom of heaven.
 Maybe hate has no strong powers in front of love, it gives away very easily."**

Meditation

Seema Mattoo

Lecturer

Modern life style has high exposure to anger, hate, fear and other negative emotions. These human emotions have a high tendency to duplicate and spread e.g. when a person gets cheated; he starts to suspect everything around him. This also has an impact on people around him. These emotions form strong impressions and opinions in an individual at social level. The result of which is an insecure individual and an unstable society.

Meditation helps an individual overcome these emotions to facilitate a calm, peaceful mind and a healthy and stress free body. Upon daily practice an individual will blossom into an unshakable personality.

Meditation is the freedom from thought, a state of no mind. It is a state of pure consciousness with no contents. It is the activation of natural "seeing" activity of the "self" or "consciousness". It is the finest way to increase one's personal energy by getting connected to the source.

Meditation is a key to unlock the mystery of existence. It is easy and not at all difficult. It causes us a knack which can be mastered with the help of regular practice. It begins basically with "Anapanasati" which means to keep one's total attention and awareness only on one's normal breathing process. In pali language in which Buddha talked, "Ana" means "in breath", "Apana" means "out-breath", "sati" means "to be one with".

Meditation is neither "prayer" nor "chanting" nor "contemplation". No "Mantra" is to be chanted, no form of "deity" or outside "Guru" is to be entertained, nor should any "pranayama" practice like holding one's breath i.e. "kumbhaka" be attempted during meditation. Meditation should be undertaken regularly and for a minimum of twenty minutes to one hour everyday any time and any place is okay for meditation. It can be done in any comfortable sitting posture, keeping the spine erect, legs crossed or folded, hands should be clasped and eyes closed.

Instead of thinking too much about how to start, and when to start simply observe your breath and you have begun your journey in meditation. Meditations takes us from "tension to attention", "stressfulness to gracefulness", "illness to health", "fearfulness to fearlessness", "dullness to sharpness", "rigidity to flexibility", "vanity to sanity", "warfare to love fare", "misery to bliss", "bondage to liberation", "separatism to unity" and so on.

Meditation is universal. It transcends all divides like religion, country and culture. It is a gift given to mankind to access the infinite spirit not limited by any identity. It is the only tool that can aid a person to return the innocence.

 "War is so unjust and ugly that all who wage it must try to stifle the voice of conscience within themselves."
 (Leo Tolstoy)

Make the Best of your Young Life

Rajinder Thusoo
Lecturer

Do you realize that you are passing through the best phase of your life? You are learning, experimenting and discovering things and surrounded by the people you love and care. At the same time you are becoming aware of changes around you, changes in your physical self, changes in your desires and goals. This is the period when you are in full enthusiasm, you are idealistic and want to do something new and are subjected to emotions you never felt before. All you want to do is to achieve and be happy. But at the same time you have to avoid taking wrong decisions on crucial issues, which may harm due to lack of proper knowledge, guidance and wrong motivation.

A key factor of success is the ability to use and develop the inborn creativity. A very popular film "TARE ZAMIN PAR", remember the child hero who was unable to cope up with the studies. His parents didn't understand the reason for his poor performance in studies and he hardly had any friends. With the help of a sympathetic teacher his hidden talent of painting won him recognition and awards. He finally won acceptance and appreciated for his talent by his parents, teachers and friends. What I mean is that you need to discover the good in yourself and think positive throughout.

As a teenager you need a strong character based on right values and attitude. It will be seen in your discipline and sense of responsibility you show at home and in school and in peoples in society. Realize that people will not be there to support you, to stand by you always. Except your parents no one else will be always there when you need them. When as a teenager you break rules, fingers are pointed at your parents for not giving you proper values and bringing up properly. When you do something wrong in the school, it's your teachers who get the blame. For building strong relationship do not criticize, try to see an issue from others point of view. If your mother insists that you leave your room clean, she is teaching you discipline and good habits. If your father questions you about your performance in school, he is expressing his genuine feelings for your welfare and to inculcate in you a sense of responsibility. If teachers give you advice and pull

you up sometimes, they are expressing concern and a sense of responsibility towards you. Think, what can you do in return for the people who care for you? I think the simple way is by sharing your deep thoughts, joys, fears and anxieties with them and by showing your faith in them.

Give them special gifts to express your love- The gift of care and compassion, by listening to them with your heart. Think about the last time you sat and spend some time with the parents. Your parents always from the best of their knowledge and abilities tried to bring you up in the society. Don't forget we all have once in our lives, been kids and have lived under the beautiful umbrellas of our parents. We all are receiving the love from them in numerous ways. Instead of expecting them to give, focus on giving them your time and love. That is what they just need from their children. So, tell them you really love them. The gift of service is the greatest and best gift. Helping others give the heart and soul in ways that nothing else can. Nothing can give you more joy than when you help someone render service. Last but not the least, is the gift of laughter-fun, joy and cheerfulness which lightens up our lives.

Developing all the above gifts will lead to happiness which is a rare commodity these days. Be good because there is no limit to goodness. The happiness is within you. This is the best period of your life, pick-up all the skills you can, fix your goals, imbibe values and look forward to a bright future. Hope you all or at least few of you will do all those things that would make people around you feel happy and proud of you. At last I would dedicate a quote to all the young readers:

"Do all GOOD you can...
By all means you can...
In all ways you can...
In all the places you can...
To all the people you can...
As long as ever you can..."

Globalization and its Impact on Indian Economy

Usha Dhar
Lecturer

Since mid-1991, in India wide range of economic reforms were carried out with the aim to liberalize and globalize the economy. Under this, both internal and international economic activities were de-regulated and liberalized. Internal liberalization included dismantling of a complex industrial licensing system, opening to private investors a number of sectors previously reserved for the state, some divestment of stock in the public sector, decontrol of administered prices and financial liberalization. External liberalization measure included removal of non-tariff, incentive for foreign direct investment and technology inflows allowing Indian firms to borrow from abroad and the opening up of Indian stock markets to foreign investors. These policy changes evoked a variety of responses. Some based on prior theoretical expectations and others citing the trickle of empirical evidence. Reform minded scholars view globalization as not only quickening growth but also promoting mass well being. They argue foreign competition and foreign direct investment will improve allocative and productive efficiency for them. It can pave a way towards liberalization that increases the demand for semi-skilled and unskilled workers increasing their wages and reducing poverty and improving income distribution.

Employment and wages are the major potential channels through which the social impact of increased openness and globalization are felt. One way of measuring total employment in India is to use available figures for the workforce and applying official available unemployment figures from the formal sector and assuming that there is no open unemployment in the informal sector. Following this approach it appears that while in the 1980's, employment generally grew at a rate below population growth but at the same time in 1990's employment growth was somewhat higher.

The sectoral distribution of the workforce also reveals some surprises. The share of agriculture and allied sectors in total employment declined sharply from 63.9% in 1993-94 to 59.8% in 1999-2000 with absolute employment declining for the first time since independence. This trend out of agriculture, which had been observed during 1980's had been stalled between 1987-88 and 1993-1994 mostly during early years of its reforms. Employment in manufacturing has risen only slightly from 10.7% of the workforce in 1993-94 to 11.1% in 1999-2000 with

practically its entire rise in concentration within urban areas. The biggest gains in workforce occurred in construction and in trade hotels and restaurants, the compound rate growth in both sectors exceeding 6% per annum. The latter sector now rivals manufacturing in the size of the labour force of employees.

An analysis of the unemployment reveals that both for rural men and women in the labour force, the rate of unemployment rose sharply. Urban male unemployment rose a little while urban female unemployment actually fell. Overall then the unemployment situation has worsened during the 1990's especially in rural areas. These also has been rising casualization of the workforce in the dearth of reforms and a decline in the share of self employment. The share of casual labour in employment rose from 31.2% in 1988 to 37% in 1998. While growing casualization is certainly keeping within services accounting for a major share of the workforce increments, even in the sectors of regular employment retrenchment closures lockouts have risen.

Thus the impact of globalization on Indian Economy can be seen in a positive aspect. It proved an impetus for the economic growth of the nation in order to compete with global world. But at the same time we should try to protect our indigenous trade and commerce that had been exploited by colonial forces. That effort can only make a difference in the coming ages.

**"Ami panaso'drasnAvicheslamAn
Kati bozi Day myonmeytidiyitAr
AmeynAkeynponiyzanshemAn
Zuv chum bramAngaragatshaha."**

**With a rope of loose-spun thread am I towing
my boat upon the sea.
Would that God heard my prayer
and brought me safe across!
Like water in cups of unbaked clay
I run to waste.
Would God I were to reach my home!**

Three things in life

Urvashi Raina
B.Ed. student

Three important things

- Three things in life that once gone, never come back.
Time- words- opportunity
- Three things in life that may never be lost.
Peace- hope- honesty
- Three things in life that is most valuable.
Love self-confidence-friends
- Three things in life that is never certain.
Dream's- success- fortune
- Three things that makes a man / women successful.
Hard work- sincerity- commitment
- Three things in life that can destroy
Alcohol- pride- anger
- Three things in life that once lost are hard to build up
Respect- trust- friends
- Three things in life that never fail
True love- determination - belief.

Life is an examination

Neelofar Jan

Student MCMP

God is a great examiner,

We all are students.

The life is an answer sheet

In which we have to take the exam.

The Time allowed is three hours.

The first is childhood

The second is youth

The third is old age

But when the bell at last rings

By the messenger of god

The exam is over

The paper is snatched

If The paper was long

If The time was short

The result is if we fail we go to hell

If we pass we go to heaven

To return no more..

Moral Values

Asha Ganjoo
Lecturer

For thousands of years human being tried to understand the basis of being human, what makes oneself a human being, and how can "humanity" be best described as. Though the answers seem vivid and one can find the definition in any dictionary, these questions are still unanswered. Another issue connected to this is the question of human morality, or to be specific, morality as a description and definition of human being?

What if it is the only thing that affects people? All these questions are essential and need an answer. Moral education is not our priority. It is not included in any syllabi- whether in science or humanities. Morals or morality, broadly speaking, implies honesty of character, fairness in attitude and absence of evils like jealousy, hatred and greed from actions.

Our system of education gives us formal knowledge of various types of subjects but does not teach us what is morality and how to bring the characteristics related to it in our mindset. Our schools, colleges and Universities are churning out millions of young graduates every year who are experts in some field of science, art, commerce or technology. No teaching or training is given to the students on moral values. What have been the results of this system of education? We have professionals in every field, but we have few people in society who have a high moral character. Positive moral values are important because they allow you to have an overall feeling of peace and joy. Moral values can give meaning and purpose to your life. You are able to direct your behavior towards beneficial and fulfilling activities. When you live your life according to moral values that are based on honesty, compassion, courage, modesty and forgiveness then you can also form positive bonds with other people.

The first step in deciding whether to teach moral values or only academic subjects is to define what moral values are and how it might help in the school academics

According to the Merriam-Webster Dictionary the objective moral values means to teach the conception of right or wrong behavior. In a classroom, you want to have control on the students so that they will be able to learn as much as possible in a timely manner. When students and parents think about the school curriculum, they think of the basic subjects like math, science, social studies and English courses. They are not thinking about moral values as being a part of the curriculum. This in itself can be a problem because it hurts our students and causing problems in our society. If a student does no learn moral values, he or she will not be able to distinguish between right and wrong. Building a foundation stone to stand on and following the same will allow our children to succeed.

Most people would argue that the teaching of moral values be taught in the home by the parents and should not be the responsibility of others. I personally feel that moral values should be taught in school. By teaching moral values in school, there would be overwhelming results. Also, I feel that as a way to increase moral values, students should read the literary works of the great philosophers and Renaissance artists as well. Reading, which is very important, will definitely help us become better persons because it will open our minds to more than just what we have in front of us.

Everyone has a Story in Life

A 24 year old boy seeing out from the train's window shouted...

"Dad, look the trees are going behind!"

Dad smiled and a young couple sitting nearby, looked at the 24 year old's childish behavior with pity,

suddenly he again exclaimed...

"Dad, look the clouds are running with us!"

The couple couldn't resist and said to the old man...

"Why don't you take your son to a good doctor?"

The old man smiled and said...

"I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today.

Every single person on the planet has a story. Don't judge people before you truly know them. The truth might surprise you!

Door to death

Asha Devi

B.Ed. student

The fear to lose everything is death,

Sometimes it comes slowly like the wings of wisdom

But sometimes it strikes like a falcon

Which completely destroys its prey,

Love and death cannot be predicted

No matter how hard you try

You cannot escape death

Don't be scared because

Life is a mortal and is blessed by death

That allows us to reach the doors of wisdom

"In life, things happen around us, things happen to us, but the only thing that truly matters is how you choose to react to it and what you make out of it. Life is all about learning, adopting and converting all the struggles that we experience into something positive."

Importance of Education

A man without education, float in the darkness of ignorance aimlessly. Education encandles the light of life, in the enshining heart of a man. Mother, who is the first teacher of human being, make her baby warm and earn something even through by her cradle song. Hence, it is rightly said that a man without proper education lives in the darkness of ignorance. Education is the most important among all of us. Education plays very important role in our lives. For living a luxurious life or living for better life we should be educated. A person who gets education will become good citizen & a more dependable worker. Now a day's technology plays an important role in continuing the communication of education through know to unknown person. In a nutshell, education is the backbone of everyone's life.

A DEED NOT DOER

Munni Raina

Lecturer

Hate the sin and not the sinner. is a precept which though easy enough to understand, is rarely practiced, and that is why the poison of hatred, spreads in the world. This Ahimsa is the basis of search for truth. I am realizing everyday that the search is vain, unless it is founded on Ahimsa as the basis. It is quite proper to resist and attack a system, but to resist and attack its author is tantamount to resisting and attacking one self.

For we are all tarred with the same brush, and are children of one and the same creator, and as such, the divine powers within us are infinite. To slight a single human being is to slight those divine powers and thus to harm not only that being, but with him the whole world, Man and his deed are two distinct things. Whereas a good deed should call forth approbation and wicked deed disapprobation, the doer of the deed, weather or wicked, always deserve respect or pity as the case may be. Those who seek to destroy men rather than manners adopt the latter, and become worse than those whom they destroy in the mistaken belief that manners will die with the men. They do not know the root of the evil.

It is acid-test of nonviolence that in a non-violent conflict, there is no rancour left behind, and in the end the enemies are converted into friends

The principal implications of Ahimsa are that the Ahimsa in us ought to soften and not to stiffen our opponent's attitude to us, it ought to melt him, and it ought to strike a responsive chord in his heart. As Ahimsa-ites, can you say that you practice genuine Ahimsa? Can you say that you receive the arrows of the opponent on your bare breasts without returning them? Can you say that you are not angry, that you are not perturbed by the criticism?

By reason of a life-long practice of ahimsa, Gandhi claims to be an expert in it, though very imperfect. Speaking in absolute items, he says, "The more i practice it the clearer I see how far I am from the full expression of ahimsa in my life." Apart from the philosophical justification for Ahimsa in terms of the relativity of truth, there is also an ethical and moral basis for it, which Gandhiji puts in terms of ends means relationship. In his words, fruits of tree will depend on what type of seed has been sown.

How to Beat a Bad Mood

Dev Raj

B.Ed. Student

Mood says the experts, are emotions that tend to become fixed influencing ones outlook for hours, days or even weeks. That is great if your mood is a pleasant one, but a problem if you are sad, anxious, angry or simply lethargic.

Perhaps the best way to deal with such moods is to talk them out ,sometimes ,though there is no one to listen ,Modern Pharmacology offers an abundance if tranquilizes ,anti-depressant and anti-anxiety drugs .what may people don't realize ,however is that scientists have discovered the effectiveness of several non-drug approaches to make free from an unwanted mood. These can be as good as prescription drugs and have the added benefited of being nontoxic and non-additive .So, in moments of bad mood try one of these antidotes instead of rushing to the chemists of all self-techniques ,aerobic exercises such as running ,cycling , brisk walking , swimming or other repetitive activities that boost the heart beat rate increase circulation of blood and improve the bodies utilization of oxygen just for twenty minutes .Three to five times a week are just that you need ."Colour can be a nutrient for the mind as vitamins ore for the body, says Patricia, a New York colour psychologist. She suggests keeping away from red to defuse irritability and anger.Avoid wearing colours that make you feel down black or dark blue .Go for warm, bright and active colours and lighten your mood .Natural colours such as soft shades of blue have a soothing calming effect and alleviate anxiety and tension.

This reported basic links between food and mood .carbohydrate eaten alone stimulate the brain production of serotonin responsible for making us feel calm and relaxed .It is a sort of comfort food with tranquilizing effect eating proteins tends to sustain alertness and mental energy. The best proteins are shell, fish, chicken etc.

A strong connection has been found between high caffeine, intake and increased depression. Irritability and anxiety. People are often depressed when their thoughts are negative and distorted .If you avoid being critical of yourself and think positive thoughts, you are actually to feel happy .It is important to lift oneself out of one's own self-defeating mood and to take an interest in some one .

"Don't let anyone steal your dreams. Follow your heart, no matter what. No Dream is too big or too small when one works hard to live it. One should always try making dreams come true no matter what."

Global warming

Vivek Bhangwal
Student MCMP '15

Global warming or Greenhouse effect is due to concentration of some gases especially CO_2 , in the atmosphere besides CO_2 we have methane, Nitrous oxide, chloro-floro-carbons, Ozone near ground level, water vapours, CO_2 and other gases. These trap infra-Red rays. Besides they trap some heat from the earth surface. The heat trapped does not come out and a warm blanket is formed over the earth's surface. This has been tilting the earth's temperature. If greenhouse effect continues unabated, the temperature is to rise further and this can disturb the environment cover, CO_2 concentration has been increasing. Methane is released from paddy fields, cattle guts. The escape emissions from gas plants have methane. Combustion of fossil fuels, excessive use of fertilizers, especially of nitrogen has been increasing. Twelve years between 1980-1991 includes eight warmest years and this is on record. Polar and Alpine ice caps will melt. Sea level has risen by about 14-15 cm in the century gone by. Some areas are likely to be submerged. Coastal areas and some lands are also in peril of likelihood of being submerged.

Adverse Effects of Green House Effect

1. Existence of species.
2. Changed weather patterns.
3. Climatic variation.
4. Melting of ice caps, rise in sea level.
5. Constraints, pressures on natural eco-systems.
6. Expansion of deserts.
7. Increase in world's mean temperature at about 0.3 c in 10 years.
8. Increase of water vapours in the atmosphere.
9. Dislocation of suitable land for agriculture.
10. Storms expected to be more severe.
11. Alterations in precipitation patterns.
12. Hydrological cycles to be altered.
13. Human health to be affected.

The Wonders of Nature

Shalini Mahajan
B.Ed. Student

Ever been I the midst of breathtaking scene where nature exudes special magic? Ever noticed how the sea takes on the brilliant yet mellow colours of the setting sun? ever marveled at how a ship balances itself on waters that seem effortlessly hold the huge vessel on its shimmering blanket of water? You would have discussed a rare beauty and peace everywhere.

Next to, nature is the greatest wonder of this universe. It has its own pattern, its special multi-coloured designs, its varied, perfect details and endless treasure of thrills that soothe one's heart and dazzle the eyes. There is a purpose behind its every creation. From the strips on a tiger to the fins of a fish, everything has a reason for its existence.

From the calm, placid waters of a lake, river or sea to the dense wilderness of a forest, form the desert sands to the snow-covered beauty of the Himalayas, nature has something to quit every need and taste.

The palette of lights, colours, shades and shadows are the result of nature's invisible formula. The blue skies that span the oceans, snowcapped mountains, soaring pines and wilderness that varies according to the climate and character of the terrain are all part of nature's divine part and programme. As the seasons roll into each other from year to year, life changes accordingly. Trees shed their leaves in autumn, become bare in winter and thrive and blossom inspiring. Birds fly away to warmer, place and climes bright colours give way to the sober quietness of winter. Infact there is a variety in every breath and mood of nature. And every mood has a message, a purpose and a special joy to offer. Let's learn to enjoy the nature.

"Do not stop thinking of life as an adventure. You have no security unless you can live bravely, excitingly, imaginatively; unless you can choose a challenge instead of competence."

(Eleanor Roosevelt)

Three Things to Remember

Dev Raj Khajuria
B.Ed. student

Three things to remember, honesty, purely, truth
Three things to love, Intellect, beauty and art
Three things to respect, Old age, religion and law
Three things to Govern, Tongue, temper and action
Three things to value, Time, health and wealth
Three things to avoid, drinking, begging and gambling
Three things to hold onto, promise, friendship and love.

"Forget yesterday - it has already forgotten you. Don't sweat tomorrow - you haven't even met. Instead, open your eyes and your heart to a truly precious gift - today."

(Steve Maraboli)

Winner and loser

Nageena
B.Ed. student

The winner is always a part of answer.
The loser is always a part of problems.
The winner always has a program.
The loser always has an excuse.
The winner, says let me do it for you.
The loser says that not my job.
The winner sees answers for every problem.
The loser sees a problem in every answer.
The winner says it may be difficult, but is possible.
The loser says it may be possible, but it is difficult.

"The man who moves a mountain begins by carrying away small stones."

(Confucius)

Women in changing times

Meenkashi Sudeshi

Lecturer

India is now in transition. The 21st Century is the "Knowledge Century Era". A knowledge driven generation will be an asset for the progress and development of the nation. As the social and economic development should match the growth rates, to achieve and sustain the high growth rates, access in education should be open for entire population of the Country without any discrimination, which in our country still stands as a dream to be achieved.

It has been observed that during any research data collection regarding of discrimination, the common and probably the first question posed to the people is 'Do you send your daughter to school'. Time and again this question is asked to women who are slum dwellers or domestic servant or working in the field and on construction sites. The quick reply to this question by the interviewee comes in form of another question like statement- "What for?"

The story for every girl belonging to such families remains the same. While the mother goes out with the males for earning, the girl child is supposed to look after the household, kins and siblings and as a result find no time and opportunity to enter the schools. In such a case, the counter effect directly hampers the ratio of girl child in the schools. These families and especially females are least bothered about the decreasing literacy rate among women forgetting the fact that it is education that unlocks the doors for progress.

The need of the hour is to make female folk of the nation realise the fact that women are dynamic promoters of social transformation. Their education is must, as M.K.Gandhi has rightly said, "If you educate a women you educate whole family, but if you educate a man you educate him only."

Gradually women have started to come out of their age old shackles and traditional conservations. As the country is nearing to enter 21st century, the meaning and job profile of females has changed and so changed the aptitude of women for themselves. They have started fighting. Even the families we talked above have started understanding the necessity of educating their daughters and are joining the race of educated work force.

True women are the torch bearers but they are still groping in the dark, fighting the odds, trying to swim against the tide. They are marching towards their destination despite all the hurdles. Let us try to help these pilgrims who are passing through a dark tunnel holding a flickering light in their hands trying to find their way. Let us walk with them to the end of the tunnel; we will also enjoy the fresh breeze and the light of the day. They have proved that the hands that rock a cradle rule the world.

"My father said there were two kinds of people in the world: givers and takers. The takers may eat better, but the givers sleep better."

(Marlo Thomas)

India is so great

Dev Raj Khajuria
B.Ed. Student

Sikkim for duty, Kashmir for beauty
Rajasthan for history, Maharashtra for victory
Karnataka for silk, Haryana for milk
Kerala for Brain, UP for sugar cane
Himachal for apple, Orissa for temple
MP for tribal's, Bihar for minerals.

Man is the architect of his own fate.

Sarfrosh Yasir
Student MCMP '15

Every man is the architect of his own fate. Every man in this world blames his destiny by this or that way.

"If you work hard you can become whatever you want."

So what is the reason of blaming the destiny? A man who has a dream will try hard to make his dream come true. That dream never lets him sleep. A dream which lets you sleep is not the dream which takes you to success. The person who works hard always gets rewarded. It does not matter in which field he is in. even if a thief who makes his plan properly and believes in that always gets success, but if he does achieve success' it means he has not made the plans correctly and his belief and effort was not strong as it should have been. The people who beg get successful. Some who do not remain stranded in the lives, the reason might be a beggar who achieves success while begging, knows how he has to beg how he has to motivate and how he has to give gestures that are going pay for him. But at the end good is good and bad is bad

'No branch is high for a bird

Neither a wall for cuckoo'

Tis thy it's thy courage,

Thy decidesthine destiny.'

Those people who curse their destiny are weak. They always blame that their destiny was written. If their destiny would have been written then what was the fun of hardwork.

'Understand you achieve anything requires faith and belief in yourself.

Remember all things are possible who believe".

Those people who fail to achieve success are the people who are superstitious and would give excuses and explanations. They waste their time in bogus or vague discussions. They wait for their right time but there time never comes. They believe it is not right time for them to start their work. But the time is always right for those who believe

' They both are standing on the same branch but the goal of crow is elsewhere and of hawk is somewhere else'

The people who want to achieve something always does one thing; They do their work in such a way that they are never going to die and they take their life as their coming tomorrow is last

only then they get success prayer and remembrance. There thought are clear in their minds there are no ifs and buts.

To waste time is meaningless discussion and false beliefs. It is better to utilize that time and the people who have will always do this and people who doesn't do this will always loose the track its we who guide our destiny by working by belief and by courage. Those people who live in this world with freedom lose both this world and hereafter. In this world life is restricted and hereafter death is restricted.

"If you're going through hell, keep going."

(Winston Churchill)

"There is neither happiness nor misery in the world; there is only the comparison of one state with another, nothing more. He who has felt the deepest grief is best able to experience supreme happiness. We must have felt what it is to die, Morrel, that we may appreciate the enjoyments of life.

"Live, then, and be happy, beloved children of my heart, and never forget, that until the day God will deign to reveal the future to man, all human wisdom is contained in these two words, 'Wait and Hope.'

(Alexandre Dumas)

Ragging Trauma

Amrita Bhat
Lecturer

College life conjures up images of a new and exciting life. It represents the dawn of a new age where adolescents come out of the protected confines of school life into a world of new responsibilities, opportunities and challenges as young adults who have to be prepared to face the world.

This is a period where young adults acquire the academic, social, emotional and vocational skills necessary for participation in the adult world. They are one of the strongest institutions in the life of the young adults and thus have an unprecedented opportunity to improve their level, by providing a nurturing and safe environment for enhancing their mental health status. College also marks a beginning of a new life where the youngsters experience a fresh sense of freedom. The students enter the colleges with a specific amount of enthusiasm that makes them feel free and also a bit professional. While entering the college, they have certain dreams and try out for gaining some happy memories. But all such hopes fade at the initial stages only, when some mischief mongers indulge these first timers with the ragging trauma.

Ragging is one of the ways by which the senior students of the college get friendly with the new entrants. It allows an opportunity for interaction among the new and the old familiarization breaking the ice and forging new friendship in an informal atmosphere. Taken in the right spirit, it helps the students to orient themselves in an unfamiliar place. However, as in many cases bear testimony in the history of colleges, ragging can go wrong.

Under the grab of toughening the juniors and teaching them how to face the real world, many senior students, sexually abuse them or become physically violent. Stripping, masturbating, mimicking sexual acts are part of the abuse. In our society sexual impulses of adolescents are repressed that often tend to use ragging as an exercise for sexual experimentation, and sometimes violence is used to assert some things that result in lifelong trauma for the victim. In extreme cases, some students have been forced to leave the institution and jeopardize not only their careers but their entire lives. Feelings of vulnerability, unworthiness shame, depression, anxiety and low self esteem can occur. Although colleges and other institutions have banned the practice, as per the Supreme Court orders, but in real sense the real change has to come from within the youth community.

Being seniors, they forget that such vulgarity is not ragging in real sense. Ragging in such colleges have been such traumatizing that the new entrants have almost stopped dreaming of happiness and instead are frightened to enter any such college who do not take a serious note of banning ragging and students often feel like leaving the course in midway and spoil their careers. It is true that government very strictly has proposed ban and has issued serious regulations to colleges for having a strict eye on senior wings of colleges.

But sometimes students are themselves responsible for the same, because they are very much frightened and are not able to talk to the concerned authorities or their parents about the worst kind of ragging they face. The other element is negligence by the parents and authorities. Both often take the complaint of the students in an easy way which later reaches the worst of situations. To stop this worst kind of ragging, all the three, college authorities, parents and students should take a note of even the 'not so serious complaint', so that the ragging word will be no more a challenging word for the students.

New initiative

Mass Communication and Multimedia Production

Being conscious of the need to diversify in academic courses, being offered in Gandhi Memorial College of Education Jammu, the management of the institution, Hindu Education Society Kashmir came forward to cater to the educational/professional requirements of the aspiring journalists/ media personnel and started a three year Bachelor's Degree course in Mass Communication and Multimedia Production from academic session 2014-15. This course has been sanctioned by the Higher Education department of J&K Government HE/Recog/15/95, dated 19-07-2013) and is affiliated to the University of Kashmir [F(AH-GMC/MC)CDC/KU/13, Dated 24-12-2013], with a sanctioned intake of 30 students. It may not be out of place to mention that Institute of Mass Communication of GMCEJ is a first ever private institute to offer an undergraduate course in Mass Communication and Multimedia Production.

With an unprecedented explosion in communication in technology and media, all boundaries have been crossed and the entire global community has been brought together. Mass communication and multimedia production as a course of study and as a career has been significantly important and enviable. Careers in Mass Communication are not only high paying but also bring in a great deal of job satisfaction and expression of creativity.

Mass communication Multimedia Production includes careers in multimedia, journalism, television films, public relations, radio, web design, animation, publishing and advertising, market research agencies, corporate houses, NGOs etc. the Mass communication and multimedia degree uses digital computer based tools for designing graphics, creating websites and animations and incorporating sound with still and moving images.
The admission to the course is made by the University of Kashmir through an online process, with prior notifications on its website and print/electronic media. The first batch of students admitted in 2014 have been provided quality academic as well as physical infrastructure.

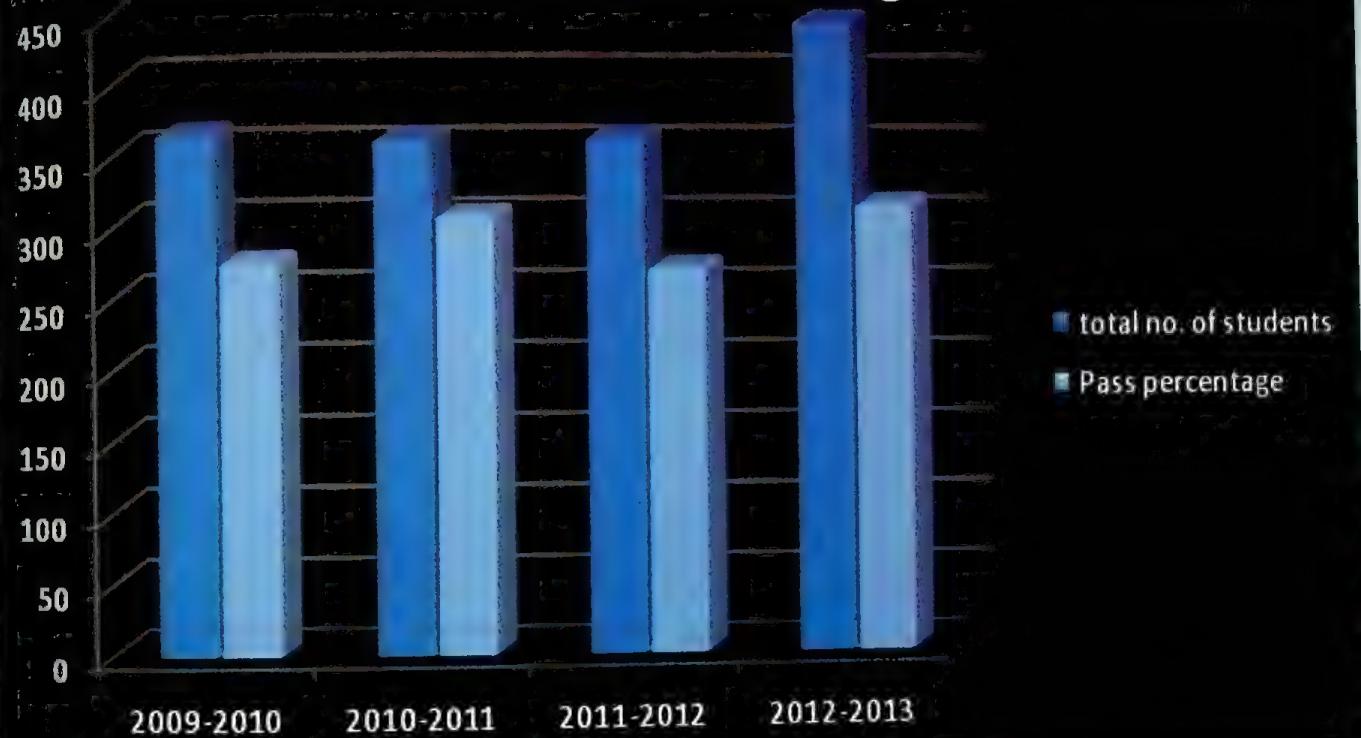
The institute exposed its students to the latest hardware required for their training. Among other things the institute has a fully equipped recording studio of its own which is a first of its kind facility in whole of J&K state and elsewhere. The institute has video cameras, DSLR cameras, latest desktop computers for editing and mixing audio/video, all required softwares for the course, an adequately stocked library. The uniqueness of the course is that the college provides hands on

exposure to its students in print media. This is possible with an in campus publication of a daily newspaper, **Frontier Post**, having a wide circulation. In addition to this, the students were taken on conducted tours of Doordarshan Jammu, Radio Jammu and other newspaper publishing houses.

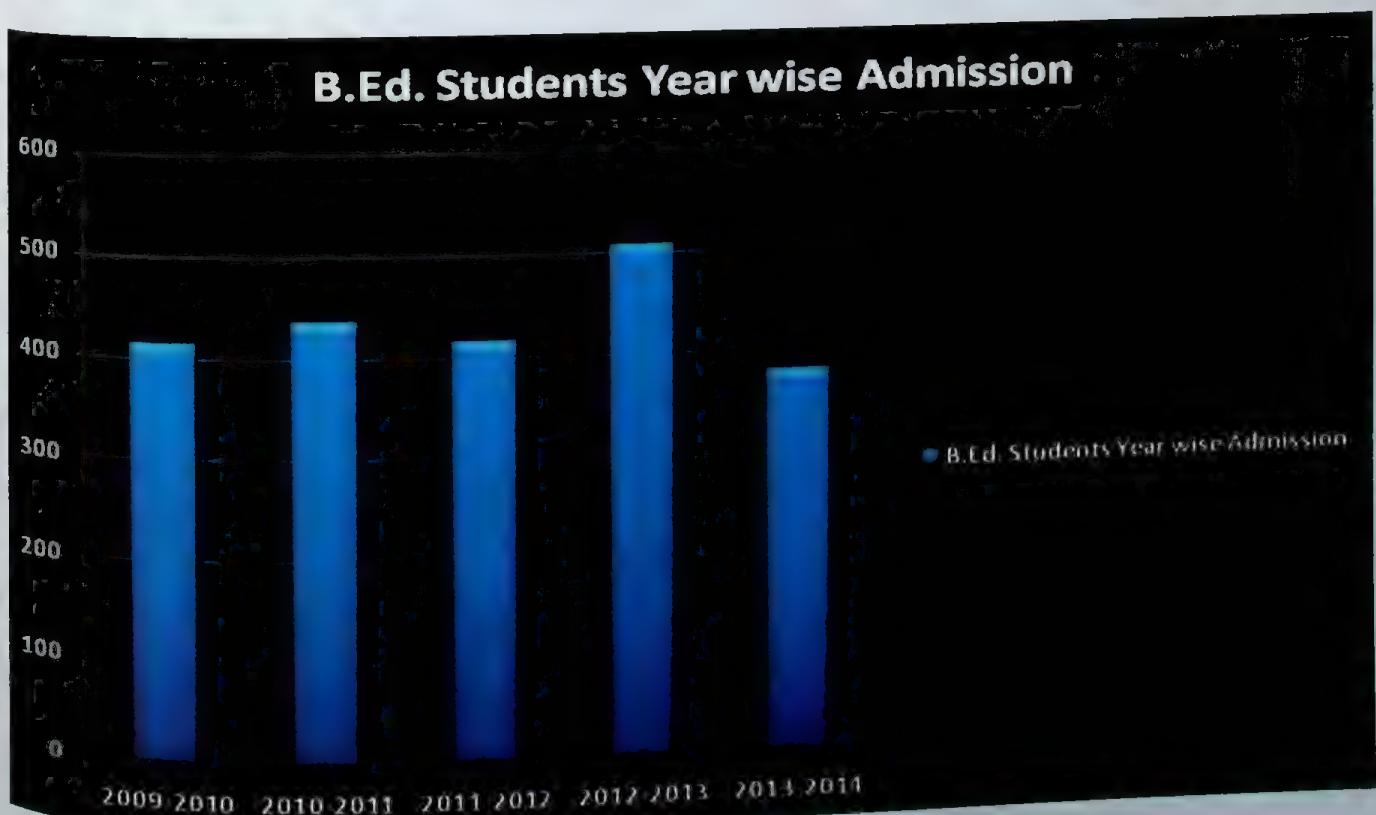
Apart from that, various eminent journalists also visited the campus and gave informative guest lectures from time to time which also gave the students boost to enhance their mental capabilities in the right direction.

The college is all set to start its second session, with the same goal in mind but different and wide-ranging objectives plus imparting quality education over quantitative one, giving the students maximum satisfaction by providing practical exposure throughout the course of study.

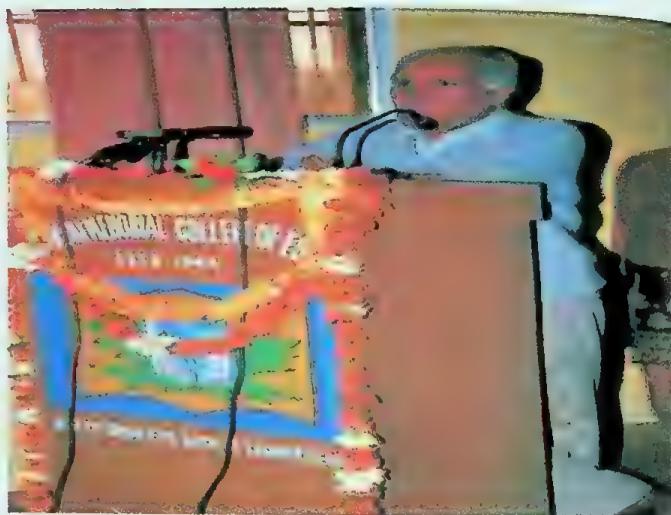
B.Ed. students pass percentage



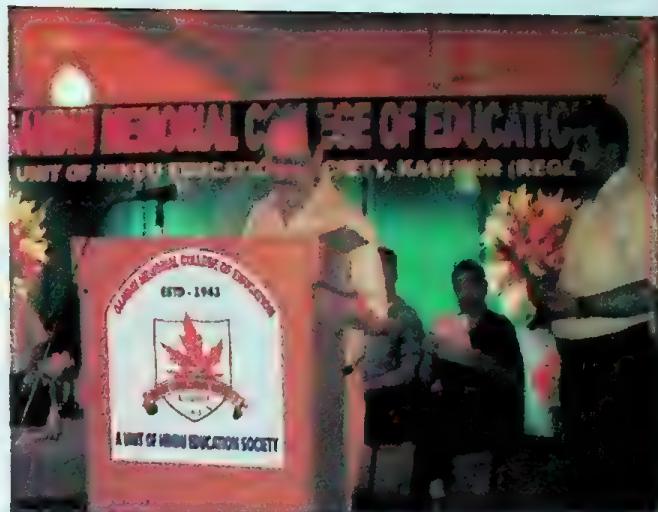
B.Ed. Students Year wise Admission



Oath taking ceremony of EB Members (HESK)



Oath taking ceremony of EB Members (HESK)





Independence Day



Infrastructure of the College



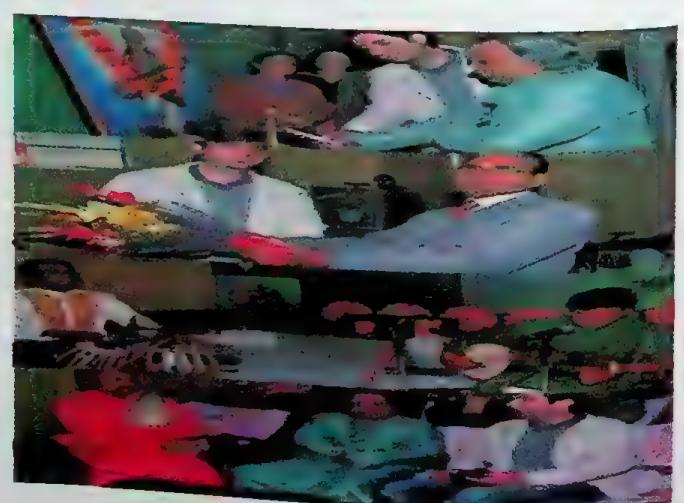
Inter departmental sports competition



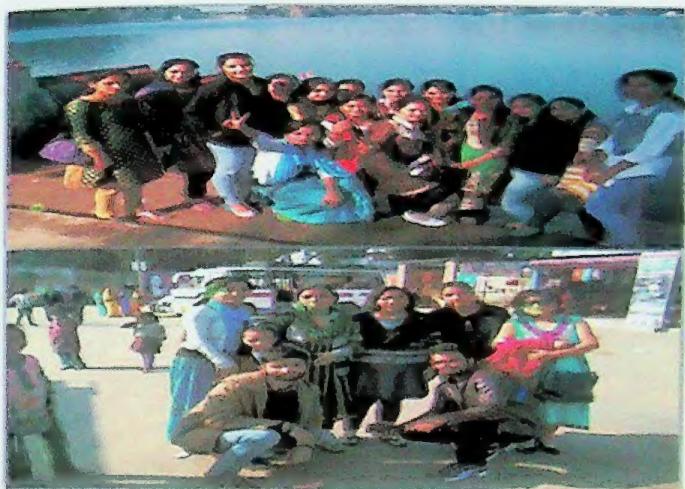
Intersectional competition among B.Ed students



Mass Communication & Multi-Media Production



Musical Concert Sa Ma Pa Alap



Picnic to Mansar



Press cuttings of Various College Events



International Women Day Rally by Students



Sanskritik Samharaoh Ayojan



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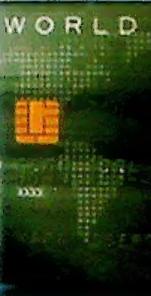
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